

What is claimed is:

1. A method for extracting an anti-apoptotic composition from a protein isolate or a lipid mixture comprising the steps of:

mixing said protein isolate, lipid mixture or a combination thereof in an aqueous solution not containing an organic solvent; and

5 separating the aqueous solution from insoluble material, wherein said anti-apoptotic composition is present in said aqueous solution.

2. The method of claim 1, wherein said protein isolate is derived from a plant, plant extract or plant organ.

3. The method of claim 2, wherein said protein isolate is a soy protein isolate.

4. The method of claim 1, wherein said lipid mixture comprises phospholipids, phosphatides, or a combination thereof.

5. The method of claim 4, wherein said lipid mixture is a lecithin.

6. The method of claim 5, wherein said lecithin is derived from soybeans.

7. The method of claim 1, wherein said combination of protein isolate and lipid mixture is in a ratio of 4:1 (protein isolate:lipid mixture).

8. The method of claim 1, further comprising the step of drying the aqueous solution to obtain a dried anti-apoptotic composition.

9. An anti-apoptotic composition produced by the method of claim 1.

10. The anti-apoptotic composition of claim 9, wherein said composition is combined with edible ingredients to produce a nutritional supplement or a medical food.

11. A method of treating or preventing an adverse condition associated with apoptosis.

12. The method of claim 11, wherein said adverse condition is a gastrointestinal disorder.

13. The method 12, wherein said gastrointestinal disorder is diarrhea.